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Volume 5

Number 6 *The Iowa Homemaker* vol.5, no.6

Article 5

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1925

## When in Doubt---Try Apples

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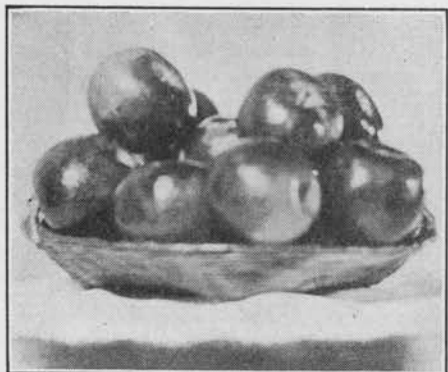
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# When in Doubt---Try Apples

By BETH BAILEY McLEAN

Formerly Associate Professor of Foods and Nutrition, Iowa State College



Jonathan Apples

**T**HE old adage, "An apple a day keeps the doctor away", states very concisely how valuable apples are in the diet. 'Tis but a simpler way of saying that apples contain the body regulating substances as cellulose, acids, minerals and some vitamins.

But who needs to be told these things to create a liking for apples! Was there ever a fruit so universally liked? Is there any fruit that lends itself to more ways of serving? Do you know of any fruit that is more generally available? And think of the many varieties of apples—suited to meet all soils and climates. In fact, most everyone could have an apple tree in his yard if he but put forth the effort.

Apples vary so in flavor that everyone has his favorite kind. The summer apples lose their shape in cooking and even the winter apples differ in their cooking qualities. There are many charts showing what apples are best for pies, for sauce, for this and that. But few women agree with these charts. For one reason—some people want whole slices of apples in the finished pie, while others insist on a soft blended mass of pulp. Then, too, an Oregon apple is quite different from the same variety grown in Iowa. So it seems quite necessary for each housewife to try out the apples found in her market, and decide for herself whether she will buy Jonathan, Spitzbergen, Northern Spy, or some other variety.

It is always more economical to buy apples by the box, rather than by the pound. And it is possible to find a kind of apple that will suit all uses. The three varieties just named are fine for all-around use.

Do not limit the use of apples in your home to apple sauce, baked apples, apple pie and apple salad. True it is that there is a greater number of recipes for apple desserts than for other uses of apples. But apples may be used at any meal and in any course of the meal. The following recipes are but a few suggestions for uses of this most valuable fruit.

## Apple Cocktail

With a French vegetable cutter, make small apple balls, or use an apple corer to cut cylinder shapes. Cut these cylinders into half inch pieces. Make a syrup using  $1\frac{1}{2}$  cup sugar and 1 cup of water.

Boil five minutes. Cool. Add the juice of half a lemon and the juice of one orange. Or beat into the hot syrup 2 tablespoonsful of currant or grape jelly. Serve the chilled apple balls in tall sherbet glasses with 2 tablespoonsful of the sauce poured over each serving of apples.

Apples served with meats, fish and fowl:

## Cinnamon Apples

Cook 1 cup water and 1 cup sugar for five minutes. Add a few drops of cinnamon extract and half a tablespoonful of red coloring. Peel and core the apples and cook slowly uncovered in the syrup until tender. The apples may be cut in half inch rings, or into quarters instead of being left whole. Turn the apples so that they cook thoroughly without losing their shape. Let the apples stand in the hot syrup several hours to become red all the way through. These may be served hot with pork chops or roast. Or one may serve chilled cinnamon apples with salad dressing or with whipped cream.

## Apple Rings

Select red, firm apples without skin blemishes. Remove the stem and blossom end. Wash. Cut across the core of the apple, making  $\frac{1}{4}$  inch slices. Remove the seeds. This leaves a diamond shape in the center. Make a syrup using two cups of sugar and  $1\frac{1}{2}$  cups of water. Use a large bottom pan. When the syrup has boiled five minutes, add apple rings to cover the surface. Simmer gently until transparent but unbroken. The skin will hold the rings in shape. When done, remove the rings carefully to a hot pan and continue cooking the rest of the rings. Serve with broiled ham or pork chops—one apple ring overlapping the other on the edge of the platter.

## Caramel Apples

6 apples  
1 cup sugar  
1 cup water  
1 tablespoonful butter  
Nutmeg

Wash, pare, halve and core the apples. Put the apples core side down in a granite or glass baking dish. Mix the sugar (either white or brown), water, butter and nutmeg. Pour over the apples. Cover the dish. Bring quickly to a boil, then simmer gently until transparent. The apples should stay whole and the syrup will be thick and jelly-like. Serve with roast fowl or pork.

## Fried Apples With Breakfast Bacon

Fry the bacon strips, being careful to keep the fat light and unburnt. Remove the crisp bacon to a pan to keep hot. Wash, core and slice the apples in thin slices. Add to the hot fat and fry until soft and quite brown. Don't cook too fast, nor overcrowd the pan. Red-skinned apples are most attractive used this way. Serve on the platter with the bacon.

## Meat and Apple Dishes

Left-over mutton or veal may be prepared in the following way: Cut the meat into pieces. In a buttered casserole put

a layer of the meat, then a layer of sliced apples. Season with salt and a little chopped onion. Add another layer of meat, then apples. Add 2 tablespoons of water. Cover tightly. Bake in a slow oven until the apples are tender. Fresh meat may be used in the same way, browning the pieces of meat before putting into the casserole.

## Old English Pork Pie With Apples

3 lb. pork shoulder  
Salt and pepper  
2 tablespoons sugar  
Nutmeg  
3-4 cup stock  
1 tablespoon butter  
3 tart apples

Line a baking dish with plain pastry. Put in a layer of sliced pork, then apples, sprinkle with seasonings. Make another layer of pork, then apples, and add the stock or milk, and butter. Put on a top crust with a vent for steam. Brush over with beaten egg. Bake half hour in the oven, then one and a half hour in a slower oven. Serve hot or cold.

## Chantilly Apple Sauce

Steam 6 medium sized apples until tender. Put through sieve. Add 2 tablespoonsful of sugar and  $\frac{1}{4}$  cup grated horseradish. Cool thoroughly. Fold in 1 cup of whipped cream. Serve in a bowl with roast duck or goose.

## Apple Stuffing

A goose or duck is especially good stuffed with apple dressing. Make a bread dressing in your usual way, except that this must be very dry. Add  $\frac{1}{2}$  the quantity of chopped apples. One cup of chopped, cooked chestnuts may be added. Stuff the bird and bake.

## Apple and Rice Stuffing

To 1 cup of rice, boiled or steamed until nearly tender, add 2 cups of chopped apples,  $\frac{1}{2}$  cup melted butter, salt and cinnamon to taste. Mix well and use to stuff turkey or goose.

## APPLE RELISHES

### Apple Chutney

12 tart apples  
1 onion  
2 red peppers  
2 green peppers  
1 cup seeded raisins  
1 pint mild vinegar  
2 cups sugar  
4 lemons  
1 tablespoon ginger  
 $\frac{1}{4}$  teaspoon cayenne  
1 tablespoon salt

Chop the apples, onions and peppers very fine. Add the vinegar. Simmer one hour. Add other ingredients. Use the juice and grated rind of the lemons. Let boil 1 hour, stirring often. Seal in glass jars.

### Apple Catsup

12 sour apples  
1 cup sugar  
1 teaspoon pepper  
1 teaspoon cloves

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## When in Doubt—Try Apples

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- 1 teaspoon mustard
- 2 teaspoons cinnamon
- 1 tablespoon salt
- 2 onions
- 1 pint vinegar

Quarter, pare and core the apples. Cover with water and simmer till soft. Chop the onions fine. Combine all the ingredients and let simmer one hour or until the consistency of catsup. Seal while hot.

### APPLES WITH VEGETABLES

#### Scalloped Apples and Sweet Potatoes

- 2 cups boiled sweet potatoes
- $\frac{1}{2}$  cup light brown sugar
- $1\frac{1}{2}$  cup sliced sour apples
- 4 tablespoons butter
- 1 teaspoon salt

Cut the cold boiled sweet potatoes into  $\frac{1}{4}$  inch slices. Slice the apples in thin slices. Butter a baking dish. Put into this a layer of the potatoes, then apples. Sprinkle with sugar and salt and dot with butter. Make a second layer in the same way. Bake in a moderate oven one hour. Cold cooked Hubbard squash may be used in place of the sweet potatoes.

#### Apple Breads

To a piece of bread dough the size used for a loaf of bread, work in one beaten egg and  $\frac{1}{4}$  cup melted butter and  $\frac{1}{4}$  cup sugar. These may be added to some of the sponge before the flour is added if one wishes. Spread out the dough half an inch thick in a shallow rectangular pan. Let rise. Peel, core and cut the apples into eighths. Press the sharp edges of the wedge-shaped pieces of apple lightly into the surface of the dough. Sprinkle with mixed sugar and cinnamon. Bake in a quick oven. Serve hot for luncheon or supper.

One may use baking powder biscuit dough in place of the bread dough. Add to 3-4 cup milk, 1 egg and 2 tablespoons sugar. Mix 2 cups flour, 4 teaspoonsful baking powder, 1 tablespoon fat as for biscuit. Combine wet and dry ingredients. Roll out half inch thick and proceed as stated above.

#### Apples in Salad

Apples combine with any fruit mixture. If the red skins are left on, this adds a bit of color to the salad. Because apples discolor so readily, do not cut up the apples until just before serving. If one wishes to prepare an apple salad some time before the meal, try the following: Cut up the fruit and place in a glass or granite bowl. Use your favorite combination of fruits. Make a lemon gelatin following the recipe on the package. Chill. Pour this chilled lemon jelly over the fruit, using just enough to completely cover but not flat the fruit. Let stand till firm. In this way apples may be used without fear of discoloration.

Crab apple pickles are especially good used in this same lemon gelatin mixture for a dinner salad. The crab apples are placed whole, stems up, in a granite or glass pan. Pour on enough lemon jelly to cover the apples. When firm, cut into squares, serving one apple to a square. Serve on a platter with cold meat or fowl.

#### Other Apple Salad Suggestions

1. 2 cups apples, cubed, 1 tablespoon chopped pimento, 1 cup cottage cheese shaped into balls.

2. Apple, celery, almond, and green peppers.
3. Apple, cabbage and coconut.
4. 2 cups chopped apple,  $\frac{1}{2}$  cup chopped American cheese and  $\frac{1}{2}$  cup chopped sweet cucumber pickles.
5. 2 cups chopped apples, 2 cups cold cubed veal or pork, 1 cup chopped celery.

### APPLES FOR PARTIES OR SPECIAL OCCASIONS

#### Apple Ginger

Quarter, pare, core and chop sour apples to make ten cups. Boil up ten cups sugar, 2 lemons sliced very fine, 2 2-inch pieces of ginger root. Add the apples and let simmer until transparent. Do not hurry these or the mixture will burn. Turn into jelly glasses and serve cold with cold meat sandwiches or salads.

#### Apple Punch

- 1 cup grape juice
- 1 cup cider
- 2 lemons
- $\frac{1}{2}$  cup sugar
- 1 quart water

Make a syrup of the sugar and water. Cool, add the juice of the lemons, grape juice and cider. Serve ice cold. One pint charged water may be used in place of half the water in the syrup. Add this with the other ingredients.

Cider and ginger ale in equal parts make a good punch, also.

#### Candy Apples or Apple Lollypops

- 2 cups sugar
- 1 cup corn syrup
- $7\frac{1}{2}$  cups milk
- $\frac{1}{4}$  tsp. salt

Cook the sugar, syrup, and 1 cup milk until a little tested in water will form a good soft ball. Add  $\frac{1}{2}$  cup milk and cook until a hard ball is formed in water. Stir constantly to prevent burning while cooking. Remove from fire. Select perfect red apples. Clean. Stick a wooden skewer secured at a meat market into the stem end of each apple. Dip each apple into the syrup to thoroughly coat. Let drain, put on greased or waxed paper to dry.

#### Apple Desserts

The all-American dessert of apple pie a-la-mode cannot be improved upon. These apple pies differ in flavoring, thickness and consistency. And most of us prefer our family brand to any new recipe. But here are two recipes for quite unusual apple pies.

#### Fluffy Apple Pie

- 3 apples
- 1-3 cups butter
- 3 eggs
- $\frac{1}{2}$  cup sugar
- 2 tbsp. lemon juice
- Grated rind  $\frac{1}{2}$  lemon

Pare, core and steam the apples. Put through a fine sieve. Add remaining ingredients except the eggs. Beat the yolk and white separately. Beat the yolks into the hot mixture. Fold in the beaten whites. Line a pie plate with pie dough, making a good rim. Turn in the apple mixture. Bake till firm in a moderate oven. The top may be garnished with a lattice work of meringue and put back into the oven to brown.

#### A Different Apple Pie

Mix  $1\frac{1}{4}$  cups sugar and 13 cups flour. On the lower crust of pie dough place a layer of sliced apples, then a generous

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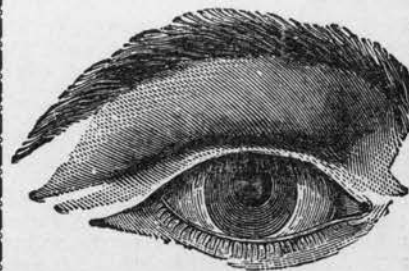
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## When in Doubt—Try Apples

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layer of the sugar and flour mixture. Use  $\frac{1}{4}$  cup butter to dot the surface. Add another layer of sliced apples, then the sugar mixture, and another  $\frac{1}{4}$  cup butter. Mix 1 teaspoon of vanilla with 2 tablespoons of water. Pour over the top layer of apples. Put on the top crust. Press together around the edge. Sprinkle lightly with sugar. Start to bake in an oven with good heat from the bottom, to cook the lower crust before it becomes soggy. Reduce the heat and bake one hour.

### Apple Torte

3 cups chopped apples  
1 cup sugar  
 $\frac{1}{2}$  cup flour  
1 cup raisins and nuts  
1 egg beaten  
2 tsp. baking powder  
Salt  
1 tbsp. butter melted

Mix and bake in a buttered square cake pan 40 minutes. If the apples are firm, this torte will turn from the pan and may be cut in squares to serve. If apples cook up, serve into sherbet glasses by spoonful. Serve with cream. This may be served either hot or cold.

### Apple Dumplings

$1\frac{1}{2}$  cups flour  
1-3 cup fat  
3 tsp. baking powder  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{2}$  cup water  
2 tbsp. butter  
 $\frac{1}{2}$  cup sugar  
Nutmeg or cinnamon

Mix and sift flour, baking powder and salt. Work in the 1-3 cup fat. Add the water to make a pie paste. Roll out to  $\frac{1}{4}$  inch thickness in square shape. Pare and core medium sized apple. Cut the dough into four squares. On each square place an apple. Fill the center of the apple with sugar (white or brown), sprinkle with nutmeg. Dot with butter. Bring the four corners of the square over the apple. Moistening the edges with water and press firmly together. Pierce with a fork. Bake in a greased pan in a moderate oven about 40 minutes, or until the apple is tender and the crust is well browned. Serve hot or cold with cream or a pudding sauce.

### VARIATIONS IN BAKED APPLES

#### Cocoanut Apples

Wash and core four apples. Bake in a moderate oven, using 2 tablespoons water in the pan. Make a syrup, using 1 cup brown sugar, 1 tablespoon butter and  $\frac{1}{2}$  cup milk. Add  $\frac{1}{2}$  cup shredded coco-

nut. Pour over baked apples. Sprinkle with cocoanut. Return to oven to brown the cocoanut or serve without browning.

#### Marshmallow Apples

Just before removing baked apples from the oven, stuff a marshmallow into each core hole. Let the marshmallow brown. Remove from oven.

#### Meringue Apples

When apples are baked, fill the centers with jelly or marmalade. Make an meringue with the whites of two eggs and 4 tablespoons of sugar, flavor with lemon. Spread the meringue over the tops of the apples, leaving a rough, jagged surface. Bake about 2 minutes in a moderate oven, to set the meringue. Serve hot.

#### Blushing Apples

Core and bake or cook, in boiling water, 6 red apples. Carefully remove the skin. If apple is not red on all sides, spread the red pulp completely over the whole apple with a knife. Use the water (Continued on page 19)

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## The Thanksgiving Dinner

(Continued from page 1)

pear stick several green leaves, at the other end stick in a clove. Make a little mound of dressing at one side. Let this stand on ice until ready to serve. This salad may be served as a separate course or along with the meat course.

To summarize, it would be well to remember that even though Thanksgiving comes but once a year, we should try to have as well balanced a meal on that day as we have at any other well planned meal. We must not think that to have a bountiful meal we must have several duplicates as potatoes, rice, squash, sweet potatoes or two or three different kinds of pie. If we have a carbohydrate, as potatoes, a protein food as our meat dish, a relish of some kind, at least one green vegetable, either fresh or canned, some fruit and a dessert, we will have a fairly well balanced meal. Do not try to over do your Thanksgiving dinner. Have it well planned, well prepared and well served.

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in which the apples are cooked to make this sauce. 1 cup water, 1 cup sugar, juice and rind of 1 orange. Boil till thick. Pour over the apples and serve with whipped cream.

#### Jellied Apples

Pare, core and cut apple into sixteenths. Use 1 quart. Make a syrup, using 2 cups sugar to 2 cups water. Add

apple sections to syrup. It is best to use a shallow pan so that apple sections float on the surface. Cook slowly till apples are transparent. Carefully lift apples from syrup. To 1 cup syrup add tablespoon gelatine softened in a little cold water. Let cool. Add 1 teaspoon lemon juice. Put the apple sections into a glass or aluminum mold. Pour over the gelatine mixture. When firm, turn from mold and serve with whipped cream.

#### Apple Fritters

1½ cup flour  
2 tsp. baking powder  
¼ tsp. salt  
1 egg  
2-3 cup milk  
2 sour apples

Sift flour, baking powder and salt. Beat the eggs and add the milk. Mix the wet and dry ingredients. Beat. Let stand one hour. Pare, core and cut the apples in thin slices or small chunks. Stir into the batter. Drop by spoonful into hot deep fat and fry to a delicate brown. Serve at once with a tart sauce, as lemon, orange, maraschino or jelly sauce.

### Real Lace

(Continued from page 3)

Guipure. It was the earliest Irish lace industry, and is made in this manner: a pattern, which is put into a frame, is covered over with a thin, white muslin; this pattern, which is visible thru the muslin, is then outlined on the cloth with an over and over stitch; the designs are connected by bars of thread covered over with buttonhole stitch; the last step is to cut away the fabric outside the outline and underneath the bars or "brides",

as they are called.

We finally come to machine-made laces. The Nottingham looms of England were the first lace-making machines made, and it is said they were evolved out of the stocking loom. Improvements have been made on this loom, until now an imitation lace almost defies detection. Frequently it is said that unless one can afford real lace, one should not use lace at all. I think this is an incorrect statement.

Emily Hunting '19 and Julia Kessel Shackleton Ex'17 are now enrolled in Mrs. Prince's school of salesmanship at Boston.

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